

Nutrient Database Report from USDA Flavonoid Database

<http://www.ars.usda.gov/Services/docs.htm?docid=24953>

<http://www.ars.usda.gov/SP2UserFiles/Place/80400525/Data/Flav/FDB-EXP.pdf>

sorted first by (more important) **Catechin** content, then by **epiCatechin** content

List includes all food items having at least **10mg** (Nval) of OPCs per **100g of edible portion**
 .22 pound

Tru-OPCs tabs are 75mg

USDA September 2014

Flavan-3-ols (OPCs)

NDB#	FdGrp	Long Desc	N#	Catechin	Nval	N#	epiCatechin	Nval	Src	Deriv	Ref	NDB
19859	1900	Cocoa, dry powder, hi-fat or breakfast, plain	749	(+)-Catechin	65	751	(-)-Epicatechin	196	4	BFSN	19165	
19860	1900	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	749	(+)-Catechin	65	751	(-)-Epicatechin	196	4	BFSN	19165	
19165	1900	Cocoa, dry powder, unsweetened	749	(+)-Catechin	65	751	Epicatechin	196	1	A		
19078	1900	Baking chocolate, unsweetened, squares	749	(+)-Catechin	64	751	Epicatechin	142	1	A		
16055	1600	Carob flour	749	(+)-Catechin	51				1	A		
19124	1900	Baking chocolate, mexican, squares	749	(+)-Catechin	44	751	Epicatechin	98	4	FLC		
09190	0900	Mulberries, raw	749	(+)-Catechin	39				4	BFSN	09042	
09042	0900	Blackberries, raw	749	(+)-Catechin	37				1	A		
19166	1900	with alkali	749	(+)-Catechin	37	751	Epicatechin	57	1	A		
09246	0900	Peaches, dried, sulfured, uncooked	749	(+)-Catechin	30	751	Epicatechin	14	4	BFSN	09236	
19071	1900	Candies, carob, unsweetened	749	(+)-Catechin	27				4	FLC		
19080	1900	Candies, semisweet chocolate	749	(+)-Catechin	26	751	Epicatechin	58	4	FLC		
09043	0900	Blackberry juice, canned	749	(+)-Catechin	24				4	BFSY	09042	
09041	0900	Bananas, dehydrated, or banana powder	749	(+)-Catechin	24				4	BFSN	09040	
09057	0900	Boysenberries, frozen, unsweetened	749	(+)-Catechin	23				4	FLC		
09048	0900	Blackberries, frozen, unsweetened	749	(+)-Catechin	23				4	FLC		
14192	1400	Cocoa mix, powder	749	(+)-Catechin	22	751	Epicatechin	31	1	A		
14196	1400	Cocoa mix, no sugar added, powder	749	(+)-Catechin	21	751	Epicatechin	31	4	BFSN	14192	
09032	0900	Apricots, dried, sulfured, uncooked	749	(+)-Catechin	19	751	Epicatechin	24	4	BFSN	09021	
09046	0900	liquids	749	(+)-Catechin	17				4	FLC		
19100	1900	Candies, fudge, chocolate, prepared-from-recipe	749	(+)-Catechin	13	751	Epicatechin	28	4	FLC		
19101	1900	Candies, fudge, chocolate, with nuts, prepared-from-recipe	749	(+)-Catechin	13	751	(-)-Epicatechin	28	4	FLC		
02010	0200	Spices, cinnamon, ground	749	(+)-Catechin	12	751	Epicatechin	12	4	T		
19905	1900	solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	749	(+)-Catechin	12	751	(-)-Epicatechin	42	1	A		
09310	0900	Rhubarb, frozen, cooked, with sugar	749	(+)-Catechin	11				4	BFSN	09307	
03190	0300	Babyfood, cereal, oatmeal, with bananas, dry	749	(+)-Catechin	10				4	FLC		
14366	1400	Tea, instant, unsweetened, powder				751	Epicatechin	81	1	A		
14368	1400	Tea, instant, unsweetened, lemon-flavored, powder				751	(-)-Epicatechin	81	1	BFZN	14366	
09009	0900	Apples, dehydrated (low moisture), sulfured, uncooked				751	(-)-Epicatechin	45	4	BFSN	09004	
16110	1600	Soybeans, mature seeds, roasted, salted				751	Epicatechin	40	4	BFSN	16108	
09011	0900	Apples, dried, sulfured, uncooked				751	Epicatechin	36	4	BFSN	09003	
09079	0900	Cranberries, dried, sweetened				751	Epicatechin	29	4	BFSN	09078	
18174	1800	Cookies, graham crackers, chocolate-coated				751	Epicatechin	20	4	FLC		
14356	1400	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated				751	(-)-Epicatechin	20	1	BFZN	14353	

14353	1400	Tea, instant, unsweetened, powder, decaffeinated	751	(-)- Epicatechin	20	1	A	
09017	0900	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	751	(-)- Epicatechin	17	4	BFSN	09016
09259	0900	Pears, dried, sulfured, uncooked	751	(-)- Epicatechin	17	4	BFSN	09252
19142	1900	Candies, MOUNDS Candy Bar	751	(-)- Epicatechin	17	4	FLC	
14422	1400	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	751	(-)- Epicatechin	15	4	FLC	
16109	1600	Soybeans, mature cooked, boiled, without salt	751	(-)- Epicatechin	15	4	BFSN	16108
43059	1900	Candies, chocolate covered, dietetic or low calorie	751	(-)- Epicatechin	14	4	FLC	
44258	1900	Puddings, chocolate flavor, low calorie, regular, dry mix	751	(-)- Epicatechin	13	4	FLC	
18159	1800	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	751	(-)- Epicatechin	11	4	FLC	
19081	1900	Candies, sweet chocolate	751	(-)- Epicatechin	11	4	BFSN	19120
19120	1900	Candies, milk chocolate	751	(-)- Epicatechin	11	1	A	
19109	1900	Candies, KIT KAT Wafer Bar	751	(-)- Epicatechin	11	4	FLC	
19134	1900	Candies, milk chocolate, with rice cereal	751	(-)- Epicatechin	11	4	FLC	
44061	1900	Puddings, chocolate flavor, low calorie, instant, dry mix	751	(-)- Epicatechin	10	4	FLC	
14315	1400	Malted drink mix, chocolate, with added nutrients, powder	751	(-)- Epicatechin	10	4	FLC	
19132	1900	Candies, milk chocolate, with almonds	751	(-)- Epicatechin	10	4	FLC	
19279	1900	Candies, milk chocolate coated coffee beans	751	(-)- Epicatechin	9	4	FLC	
18168	1800	Cookies, chocolate sandwich, with extra creme filling	751	(-)- Epicatechin	9	4	FLC	
14175	1400	Chocolate-flavor beverage mix for milk, powder, without added nutrients	751	(-)- Epicatechin	9	4	FLC	